

Bangalore Mirror

TEMP Max 29 | Min 19 | Humidity %

Partly Cloudy

Sensex 70,370

Nifty 21,238

Gold 61,989

Silver 71,011

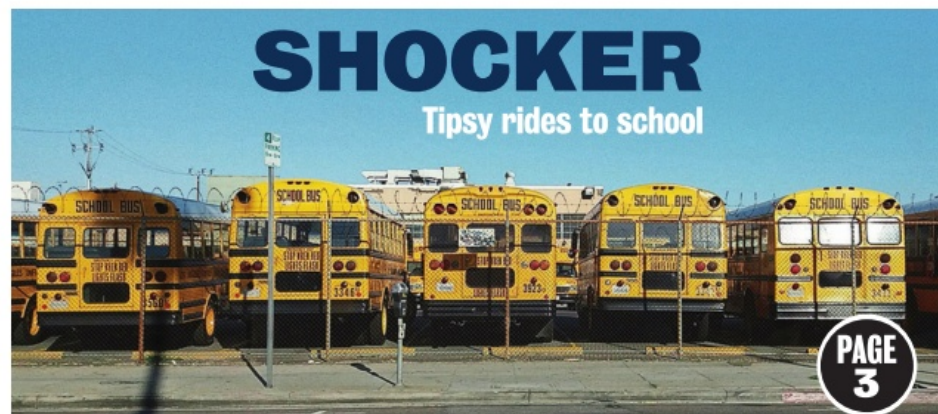
Dollar 83.15

Euro 90.10

GBP 105.29



PAGE 2



PAGE 3

Construction of new community halls that began two years ago still progressing at a snail's pace

HALL IN DUE COURSE

BBMP demolished old halls to construct new ones

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TWEETS @BangaloreMIRROR

Community halls maintained by the Bruhat Bengaluru Mahanagara Palike (BBMP) help poor and lower-middle class families to organise marriage functions, birthday celebrations or other social gatherings at an affordable cost.

The BBMP community halls are ideal places for organising cultural programmes too by social and cultural organisations.

The BBMP demolished two community halls – one at Jogupalya and another on Wheeler Road at Pulikeshi Nagar – more than two years ago to construct new structures.

The residents of Jogupalya, Halasuru, Murphy Town, Pulikeshi Nagar, Cox Town, Kallahalli and nearby areas were very happy when the civic body demolished the old structures and began construction of new structures. Though the construction of the new community halls began two years ago, the work has been progressing at a snail's pace even today.

"There are no community halls in and around Cox Town. Poor and lower-middle class families are compelled to pay more money for hiring private community halls for marriage or birthday functions. It will be a great help for poor and lower-mid-



Incomplete community hall on Wheeler Road

“The construction work began two years ago but more than 50% of the work remains incomplete

—Stella Joyce Machado, resident, Frazer Town

dle class families if the BBMP authorities direct the contractor to expedite the construction work. It will help economically weaker families from

Shivajinagar, Pulikeshi Nagar and CV Raman Nagar assembly constituencies,” said NS Ravi, president, Bharathinagar Residents’ Welfare Forum.

Lamenting over the delay in completing the construction of the community hall on Wheeler Road, Stella Joyce Machado,

CONTINUED ON PAGE 8 >>

What's in the tall grass?

How bamboo can make Bengaluru carbon-neutral and sustainable by 2030



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TWEETS @BangaloreMIRROR

The Centre for Green Building and Material Technology (CGBMT) has launched the Bamboo City project, a key component of the Climate Action Plan.

This initiative outlines a roadmap to reduce greenhouse gas (GHG) emissions and enhance community climate resilience, aiming to achieve carbon neutrality by 2030. The project focuses on utilising bamboo for the sustainable development of the city.

Prof. Neelam Manjunath, CEO, Founder, and Managing Trustee of CGBMT and member of the Bamboo Society of India, stated: "We have prepared a detailed project report using all the collected data. With this report, we will approach various government organisations such as BBMP, BDA, LDA, etc., to seek funds and implement this project on the ground. We will initiate bamboo planting along water bodies in collaboration with organisations in the water sector to showcase results to the citizens.

After its completion, more plantations will follow. We have been constructing with bamboo for the past 20 years. Hence, we aim to update bamboo standards with the assistance of the National Building Code

CONTINUED ON PAGE 8 >>

3 THINGS TO DO



01 Designers' space

Get ready to explore a fresh fashion collection, as the Hi Life Exhibition is back in town. Get your hands on a new range of designer wear, jewellery, bridal wear, fashion accessories, and more. You can also check out footwear, waist belts, carpets, face care products, precious stones, potteries, handmade soaps, paintings, and even fashion statements for your home. **Where:** The Lalit Ashok **When:** January 25, 26 and 27; 10 am to 8 pm



02 Musical art

Get the chance to attend a seven-day concert featuring over 300 classical musicians from Karnataka and other states. The singers will be rendering their respectful homage to Saint Thyagarajaswamy through their soulful performances. Pioneers in the field of classical music will also be honoured with the 'Bharathi Thyagaraja Samman' Award. **Where:** Sringeri Shankara Math, Chamrajpet **When:** January 24 to 30

03 Women in frame



Amit Srivastava, an alumnus of IIT Delhi known for his captivating collection of award-winning artworks in classical realism, is making a triumphant return to Bengaluru. He is set to unveil his distinct solo exhibition. The show Unfettered is a tribute to the spirit of the modern Indian woman, celebrating her self-reliance and independence. **Where:** Gallery Time and Space, Lavelle Road **When:** January 20-28; 11 am-7 pm

Egg-citing times

Conservation centre's efforts result in successful hatching of 11 peninsular rock agama eggs; this will help in preservation of these reptiles in their native habitats

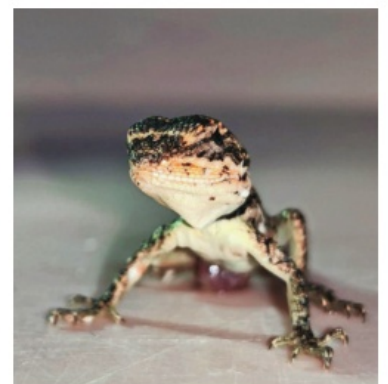
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PFa Wildlife Rescue and Conservation Centre recently, through their conservation efforts, led to the hatching of 11 peninsular rock agama eggs. The eggs, discovered by an informer named Chandan at the rescue site in Kengeri, were promptly handed over to the centre for specialised care. Chandan found the eggs on the ground next to trees, uncovered by mud. Transported in a small box with slightly wet cotton, the eggs reached the rescue centre safely.

Dr Madhav, Senior Veterinarian at Pfa, commented on the rescued eggs, stating, "Upon close examination of the size and shape of the eggs, we identified them as peninsular rock agama eggs. The peninsular rock agama is a fascinating species of lizard native to south India, known for its distinct coloration and basking behaviour."

Colonel Dr Navaz Shariff, Chief Veterinarian at Pfa, added, "The successful hatching of peninsular rock agama eggs by the Pfa Wildlife Rescue and Conservation Centre highlights the importance of understanding their natural history. These agile climbers, with flattened bodies and well-developed limbs, play a vital role in their ecosystem by contributing to insect and invertebrate control while navigating through rocky terrain with ease.



The journey of the eggs from discovery to hatching was meticulously managed by Pfa's experienced team; the eggs took approximately 14 days to hatch

The conservation efforts of Pfa contribute to the preservation of these fascinating reptiles in their native habitats."

The journey of the eggs from discovery to hatching was meticulously managed by Pfa's experienced team. After being candled to monitor embryo growth, the eggs were placed in an egg box filled with mud and water for incubation. Antifungal powder was applied to ensure the health and

These agile climbers, with flattened bodies, play a vital role in their ecosystem by contributing to insect control

— Dr Navaz Shariff, Pfa

safety of the developing agamas. Maintaining optimal tempera-

ture and humidity levels in the incubation room, the eggs were patiently monitored for 18 days until they successfully hatched. The eggs took approximately 14 days to hatch, being kept in mud with maintained temperature and humidity. All 11 eggs successfully hatched, and the agamas were released in a suitable habitat with shrubby areas containing sufficient vegetation and prey populations.

Get set for captivating classical dance extravaganza

I Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Bhavana Ramanna, who has been associated with Sandalwood for more than 25 years and knows the basics of politics since 2012, is set to present a dance ensemble, Hamsageethe, on January 30 at Chowdiah Memorial Hall.

The dance ensemble will be directed by Veena Murthy Vijay, while Sathyanarayana Raju is the choreographer. The music and vocals are to be done by DS Srivathsa, while Vikram Hatwar wrote the script and dialogue. The musicians are: Srihari Rangaswamy (mridangam), Raghunandan Ramakrishna (flute), Sharath TS (nattuvangam), and Gopal Venkaraman (veena).

Bhavana acted in more than 30 Kannada movies, including

Shanti, which features only one character. The movie was directed by Baraguru Ramachandrappa in 2004, and it entered the Guinness Book of World Records.

"I am basically a classical dancer. I am confident of performing for one and a half hours under the guidance of Veena Murthy Vijay. I am attempting to popularise and familiarise veteran director GV Iyer's Kannada movie Hamsageethe among youth. I contacted GV Iyer's son about whether I could go ahead with my programme, Hamsageethe. Raghavendra Iyer happily gave consent to me," says Bhavana. Meanwhile, Bhavana said that she wants to be loyal to Congress and is ready to take up any responsibility given to her by the party. Bhavana joined Congress in 2012 along with Adi Lokesh, the brother of Pavitra Lokesh. She became



chairperson of the Bal Bhavan Society in 2014. Bhavana hit headlines for the wrong reasons in August 2018 when students of Government Arts College staged a protest against the alleged encroachment of college land by

Bhavana's Arts Foundation. She quit Congress and joined the BJP in May 2018. She quit the BJP and re-joined Congress in November 2021. "I do not want to enter Vidhana Soudha through nomination. I wanted to contest the State Assembly from Yeshwanthpur constituency but failed to get the ticket from Congress. I missed the ticket because of some petty politics," she says.

When asked about the opportunities to act in films, she revealed, "I got a call from director P Vasu asking me to play the advocate in Drishya 2. The director told me that he would call again. I even purchased the legal attire for myself. I was waiting for the director to call me, but nothing has happened due to some reasons known to the director. I am not able to keep myself busy with acting in movies due to obvious reasons."

SHOCKING: TIPSY RIDES TO SCHOOL

During check, 16 bus drivers found to be intoxicated while driving kids to school

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TWEETS @sridharVMIRROR

Parents have expressed concerns over the instances of school bus drivers reporting to work under the influence of alcohol. A comprehensive check was conducted on 3,414 school vehicle drivers between 7 am and 9.30 am on Tuesday.

Joint Commissioner of Police (Traffic) M N Anucheth said, "A total of 3,414 school drivers were checked for consumption of alcohol. Of them, 16 were found positive during the alcohol test. They were prosecuted under Section 279 (Rash driving or riding on a public way) of the Indian Penal Code and section 185 (Driving by a drunken person or by

“School bus drivers found to be under the influence while on the job are fined, and their licences are seized. We have also written to schools asking them to stock alcometers and check their drivers daily



PIC FOR ILLUSTRATIVE PURPOSES ONLY

a person under the influence of drugs) of the Motor Vehicles Act. The driving licences of these drivers were sent to RTOs for suspension."

Sunetra Kumar, a parent, said when the children are dropped onto the school bus, it is the responsibility of the school to ensure their safety. "We were under the impression that the school drivers are hired after thorough verification and at the very least they may not be drunk in the morning. Now, we are worried about how safe the kids are if the drivers are drunk."

A senior police official highlighted another aspect of the situation. "We had been receiving numerous complaints from citizens about vehicles congested with school children plying on roads. This is very unsafe for the children as it makes the vehicles prone to accidents."

The official emphasised adher-

ence to safety norms, indicating that three children under 12 years should occupy an adult seat, with not more than five children seated at the back of any four-wheeler, and one or two in the passenger seat. The safety guidelines also consider the size of the children themselves.

In response to the rising concerns, the police have been working to enhance safety measures in schools.

A circular was issued to all schools, mandating the installation of an alcometer to check drivers for alcohol consumption before picking up and dropping off school children. This directive extends to all private buses and vans associated with schools, and schools failing to comply with this order may face stringent action.

A senior police official reiterated the significance of these measures,

stating, "More school bus drivers are being caught for drunk driving because of increased checks. The safety of the children is very important, and there are no two ways about this. School bus drivers found to be under the influence while on the job are fined, and their driving licences are seized. We have also written to schools asking them to stock alcometers and check their drivers every day."

Schools are now expected not only to monitor drivers they have directly hired but also those hired privately. They are required to keep track of private vans, autos, and other vehicles regularly dropping off students and conduct thorough checks. The police are collaborating with school managements to ensure the enforcement of regular checks and adherence to safety protocols.

BMRCL fines man Rs 10,000 for harassing woman passenger

The Bangalore Metro Rail Corporation Limited (BMRCL) in its January house journal issue said that it maintains a zero tolerance policy against untoward incidents, citing a recent example of a male passenger being levied a fine of Rs 10,000 for misbehaving with a female passenger. A spokesperson from BMRCL said that it was the first time such a high fine has been levied.

It said the fine was in accordance with Metro Railways (Operation and Maintenance) Act 2002, under section 59, 60 and 64.

On January 2, a woman accused a male commuter of sexually harassing her at the Nadaprabhu Kempegowda (Majestic) station. The incident captured on video went viral soon after, garnering attention from residents across the city. The woman in the video can be heard speaking in Kannada while confronting the accused, emphasising on the need for victims to stand up against their harassers and bring them to justice. "Women will be served with justice only if we are willing to speak up. If we choose to keep quiet, people will continue to commit such acts. The authorities must take note of the issue and you (the accused) must be punished so that one will dare not to commit such an act again," she says, as the accused consistently tries to apologise to her. Despite the commotion that arose after the incident, a police complaint was not filed regarding the matter. BMRCL officials had let the accused out on a warning and a fine of Rs 10,000.

Prior to the frequent sexual harassment incidents, the BMRCL would levy a fine of Rs 500 on those who exhibited indecent behaviour. However, those proven guilty of inappropriate behaviour will now be levied with a fine of Rs 10,000. Along with this, the BMRCL has also encouraged women commuters subjected to sexual harassment on the premises of the metro to report the matter to the station controller for assistance. **BMB**

Clear and present, traffic police

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TWEETS @BangaloreMIRROR

To increase efficiency and visibility, the traffic police have made it mandatory for all policemen to update attendance on an 'e attendance' app. A senior traffic police official told BM that the app has been in use for the last two weeks. The app records the geo location of the police personnel.

"You have to mark your attendance from your designated spot. The app can detect your location. All the policemen are doing it at the start of their shifts at 7 am or 2 pm," an official told BM.

Highlighting the broader impact, the official emphasised that this app's synergises with a recently introduced ambulance app, creating a comprehensive system. The ambulance app was launched by the police to clear the path for the vehicle. By constantly monitoring the police force's geographical distribution, authorities can strategically deploy personnel to facilitate smoother traffic flow, especially during emergency situations.

"We will know where our people are, and they can help in clearing the traffic for the ambulances to go ahead," he added.

Citizens have oftent pointed to infre-

quent police presence on the roads. This concern stems from the perceived lack of visibility of policemen. The e attendance system aims to address these concerns.

Citizens said this would save time and avoid an unnecessary commute. "Policemen can directly arrive at the spot they are deputed to, instead of having to mark attendance and then starting off. Adopting technology to make the system more efficient is welcome," said a citizen.

Others added that by ensuring a heightened presence of traffic police throughout the city, authorities anticipate a positive impact on citizen behaviour.



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■ Application should reach to the **Principal Office, SSIT, Maraluru, Kunigal Road, Tumkur - 572105, by 15th February 2024.**

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ALL SEEMS TO BE ON TRACK

Suburban rail embraces electric, gets all charged up

BSRP proposes dedicated EV charging infrastructure and embraces green building concepts; claims revolutionary shift towards sustainable and eco-friendly mass transportation

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TWEETS @sridharvMirror

Once the operations of the Bengaluru Suburban train network commences, an innovative provision will be available for electric vehicle (EV) users—a dedicated infrastructure for EV charging at all station premises, courtesy of the Bengaluru Suburban Rail Project (BSRP). This initiative not only addresses the need for last-mile connectivity in mass transportation systems like Metro or suburban trains but also presents a transformative opportunity for electric vehicle owners.

Reacting to this, Sahyadri Krishna, a tech professional said, "When considering mass transport options like the Metro or suburban trains, last-mile connectivity is crucial for boosting ridership. Many EV owners face challenges with extended charging times, making it inconvenient. By integrating EV charging stations at the stations, individuals can efficiently charge their vehicles while saving time. This move not only facilitates easier travel but also promotes eco-friendly transportation."

K Devanad, a data analytics professional said, "Incorporating electric charging stations in the suburban train network can be a game-changer. With the growing emphasis on sustainable and eco-friendly modes of transportation, integrating EV charging infrastructure in transportation hubs aligns with the global shift towards greener practices. This strategic move not only supports the adoption of EVs but also



addresses the concerns of charging time, making it more feasible for commuters. However, by the time sub-urban trains are operational, there could be more e-vehicles on the roads and hence there should be many charging facilities both for cars and two-wheelers so that many are benefited."

Green building concept

The BSRP adopts the Green Building concept for its suburban stations, aiming for Super ECBC compliance, striving for near-zero energy consumption and 30-40% more energy savings compared to ECBC standards.

Multi-modal integration: K-Ride is actively working on achiev-

"This strategic move not only supports the adoption of EVs but also addresses the concerns of charging time, making it more feasible for commuters" – K Devanad, data analytics professional

ing Multi-Modal Integration (MMI) and Transit-Oriented Development (TOD). The focus is on enhancing convenience for commuters by integrating various transport modes, improving overall mobility, and reducing travel time.

No level crossing

To address concerns about increased railway networks leading to more level crossings, BSRP employs a unique approach. It plans to eliminate 10 10-level crossings in congested city areas without altering road

levels. This innovative methodology avoids land acquisition and water stagnation issues.

Shared alignment

A shared alignment between Suburban Rail and Metro Rail covering 0.50 km offers numerous advantages. It avoids 1.65 acres of land acquisition, prevents displacement for 600 people, saves Rs 169 crore, integrates two Mass Rapid Transit systems (BM-RCL, BSRP), incorporates two electrical systems (AC, DC), and establishes a unified single corridor.

MEMU trains will halt for 1 min at Bettahalsoor, Doddajala

The South Western Railways (SWR) announced that all MEMU (Mainline Electric Multiple Unit) trains travelling to and from Chikkaballapur will make stoppages at intermediate stations Doddajala and Bettahalsoor for one minute each over a six-month period, according to a statement. Rail enthusiasts have welcomed the move and requested SWR to ensure that trains passing through Channasandra also stop at Channasandra railway station (CSDR), as the gap between Yelahanka and Baiyappanahalli is lengthy. Starting December 11, 2023, SWR extended its MEMU services to Chikkaballapur. Previously, services ran until Devanahalli, passing through the Kempegowda International Airport halt station.

However, there were no stop-

pages at stations like Bettahalsoor, Doddajala, and Channasandra. Rail activists and frequent commuters urged SWR to ensure trains stop at intermediate stations to increase patronage and serve a maximum number of people.

The trains making stopovers at Doddajala and Bettahalsoor include Train numbers 06593 (Yeshwantpur-Chikkaballapur), 06594 (Chikkaballapur-Yeshwantpur), 06531 (Bengaluru Cantonment-Devanahalli), 06532 (Devanahalli-Bengaluru Cantonment), 06535 (Chikkaballapur-Bengaluru Cantonment), 06536 (Bengaluru Cantonment-Chikkaballapur), 06538 (Bengaluru Cantonment-Chikkaballapur), and 06537 (Chikkaballapur-Bengaluru Cantonment), as stated by the South Western Railway (SWR). — BMB



First MEMU daily special train from Tumakuru to Bengaluru, which was flagged off in 2022

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Traffic frustrations

Race Course Road



The implementation of traffic regulations opposite Halli Katte has not yielded the desired results; instead, it has posed difficulties for both motorists and nearby residents, causing inconvenience.

Water misuse

Cunningham Road



A hotel is reportedly extracting water directly from the underground water pipe for its construction activities. This practice is believed to be illegal and raises concerns about the misuse of water resources for commercial purposes.

Roadside chaos

Yelahanka



The buses parked on the side of the road obstruct pedestrians, creating an untidy environment. Drivers wash vehicles in front of Venkat Wings Royal, Jakkur Road causing inconvenience.

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Better be eco-savvy

Out of 14 businesses, only one attends meeting held by Biodiversity Management Committee (BMC); experts say companies have to be made aware of importance of sustainable use of natural resources

Garima Prasher
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TWEETS @BangaloreMIRROR

Ten years on, Bengaluru-based businesses utilising natural resources or 'codified traditional knowledge' are still unaware (or feigning) of provisions under the Access Benefit Sharing (ABS) rule of the Biological Diversity (BD) Act.

This was evident in the recent meeting held by Bengaluru's Biodiversity Management Committee (BMC) with these companies. While BMC had summoned 14 businesses under the ABS scheme, 13 of them decided to give it a miss. The lone stakeholder who turned up for the meeting had limited knowledge of the rules.

"Out of 14 businesses summoned, only one attended the meeting. The meeting was regarding Form I of ABS, whereby companies are supposed to provide information regarding the usage of natural resources and seek permission before moving ahead. We have decided to appraise this to the Karnataka Biodiversity Board (KBB). KBB must ask the companies to attend these meetings and come prepared," said Deputy Conservator of Forest, BBMP, convener of the BMC meeting.

Under the BD Act, KBB is supposed to conduct stakeholder workshops to help businesses understand the nuances of the ABS scheme. However, officials say stakeholder workshops have not been organised in Bengaluru for over the last two years.



Biological Diversity (Amendment) will allow domestic companies to use resources without any permission

This is mainly due to a lack of clarity on rules because of the recent Biological Diversity (Amendment) Bill. Officials say some grey areas will have to be addressed by the National Biodiversity Authority (NBA) once it is implemented on April 1, 2024.

"We are waiting for the implementation of the recent Biological Diversity (Amendment), which is expected to come into force on April 1. Once we have clarity on ABS rules by the NBA, we will organise these workshops on a war footing," said a KBB official.

In its current form, the BD Act does not allow any person to obtain

biological resources for commercial utilisation without prior intimation to the state biodiversity board. Apart from ensuring ease of business through commercial utilisation of biological resources, the amendment will allow domestic companies to use resources without any permission.

However, underlining that companies under ABS are largely unaware of the rules, experts say KBB should come up with fresh strategies to bring business under ABS. The guidelines on access to biological resources and associated knowledge and benefit-sharing regulations were notified by the

“The meeting was regarding Form I, whereby companies are to provide info on usage of resources

—Dy Conservator of Forest, BBMP

NBA in 2014. "Companies have to be made aware of the importance of judicious and sustainable use of natural resources instead of just holding them accountable under the scheme," said Akshay Heblikar, founder of Eco Watch and a member of Bengaluru's BMC.

IN BRIEF

CM suggests essay contest on Mahatma Gandhi

Karnataka Chief Minister Siddaramaiah has asked the state's Education Minister, Madhu Bangarappa, to organise an essay competition for students on the topic 'Concerns of the 21st century and solutions given by Gandhian thoughts.'

In a letter to Bangarappa, the Chief Minister asked him to make quick arrangements to hold an essay competition by the end of this month for students from class-6 and above, excluding class-10 and 12, who would be appearing for their board exams.

"After the assassination of Mahatma Gandhi, the country implemented his principles as much as possible. However, in recent times, forces that promote hatred and violence, emphasise centralisation by subjugating decentralisation, and take away the rights of the downtrodden, Dalits, women, tribals, peasants, labourers, and youth are becoming active," Siddaramaiah noted in his letter.

He said those who did not take part in the independence movement are demeaning the contributions of Mahatma Gandhi in the freedom struggle.

The Chief Minister also pointed out that, in recent times, 'big languages are swallowing small languages'.

"However, Gandhian ideology offers solutions to most of the challenges of our time. Hence, organise an essay competition, 'Concerns of the 21st century and solutions given by Gandhian thoughts,'" Siddaramaiah said in his letter.

—PTI

BM Education



From diploma to engineering: 'It's not easy'

To assist diploma students in gaining entry into engineering, the technical education department provides lateral entry, enabling diploma holders to join the second year of engineering while their counterparts from PU have to undergo a four-year programme. However, many diploma students express that enrolling in the second year, especially for those migrating from towns or villages to cities, is not an easy process.

Sree Krishna, an engineering student, stated, "Metropolitan cities offer boundless opportunities to those seeking to establish themselves in the world. However, alongside these prospects lies a disheartening reality—the discrimination faced by diploma students based on their background. Typically hailing from rural or small districts with diverse socio-economic backgrounds, di-

ploma students exhibit exceptional practical knowledge but often lack strong communication skills. The language barrier not only hampers their participation in classrooms but also restricts their access to employment opportunities. Consequently, we encounter difficulties adjusting to the metropolitan way of life and are often viewed as a distinct category of students."

Archana, a diploma holder currently pursuing a Bachelor's in Engineering, highlighted the challenges, stating, "We aren't welcomed warmly by both students and teachers. Entering the second year, we have to try to fit into existing friend groups, and there's a lot of groupism that exists. Teachers also perceive us differently and doubt our placement prospects. This affects our self-esteem. We also face challenges in clearing mathematics-related subjects as we didn't study them during our diploma."



Background-based discrimination compounds the issue. "Having studied in tier three diploma colleges

and completed schooling in local schools, these students encounter various hurdles such as financial

crises, restrictions on girls pursuing higher education, child marriage, etc. Limited access to resources and facilities further widens the gap with peers from more privileged backgrounds. Such students struggle with fluency in English, understand the nuances of metropolitan life, and often face ridicule," said Vivek Krishna, another diploma holder.

Despite their skills and a deep understanding of their subjects, they find limited opportunities for higher education and professional advancement. There exists a misguided belief that diploma holders are somehow less capable or incompetent, he added.

He further stresses the need for a paradigm shift in societal views on different forms of education, urging the recognition of the diverse talents and skills that diploma holders bring to the table.

—Sanjana Rao



SANDALWOOD SHOTS

Y MAHESWARA REDDY

Big break

The title and first look of Appaa I Love You was released by Action Prince Dhruva Sarja.

The maiden movie has Lovely Star Prem and Tagaru fame Manvita Kamath in the lead roles. The movie revolves around the bonding between a father and daughter.

This movie has come as a shot in the arm for Prem and Manvita, who have been waiting for a big break in Sandalwood. Prem has been waiting since 2017 and though he played the lead in Premam Poojyam and received rave reviews, it failed to make the producers smile all the way to the bank. Manvita, who debuted as heroine with Kenda Sampige in 2015 and earned name for her performance in Tagaru, has been trying to establish herself as a sought-after actress all these years.

Tabala Nani plays a key role in the movie that features Sanjay, Jeevita, Rangitaranga Aravind, Vijay Chendoor, Bala Rajwadi, Mimicry Gopi and others. Atharva Arya has helmed this movie.



Teaser released

Raj Vardhan, the son of veteran actor Dingri Nagaraj, is excited about the release of his latest movie's teaser. The movie Gajarama is helmed by Sunil Kumar with music by Mano Murthy.

"It is an emotional journey. There are a lot of things to share with media persons but I will share more during the trailer launch. The story can draw mass audiences to theaters. I have watched this type of movies during my childhood and enjoyed it. Now, I play the lead role in such a movie. I am also happy to have my father as the chief guest for this event," said Raj Vardhan.

Music director Mano Murthy said the movie has action, sentiment, and love. "The hero has three shades. I had to score a different kind of music for this movie," said Mano Murthy.

Thanking the producer for providing all facilities, director Sunil Kumar appreciated Raj Vardhan for his cooperation. "Raj Vardhan is a dedicated actor. He plays Rama in the movie. Deepak plays the police officer. I want to thank music director Mano Murthy, cinematographer Chandru, and choreographer Dhanu Master for their cooperation," the director said.



In spotlight

Curiosity about celebs' lives natural, says Ananya as vacay pics are leaked

Actress Ananya Panday opened up about the leaked vacation pictures with rumoured beau Aditya Roy Kapur, stating that the public scrutiny doesn't bother her. The rising star emphasised that being in the public eye comes with the territory of being an actor, acknowledging that curiosity about celebrities' personal lives is inevitable, in an interview with News18 Showsha.

Addressing the speculation on her romantic life, Ananya expressed her commitment to preserving the sanctity of her personal space. Despite the incessant trolling she faces for nepotism privileges, the "Dream Girl 2" and "Student of the Year 2" actor remains resilient, having silenced critics with her stellar performance in "Kho Gaye Hum Kahan."

Ananya also shed light on the misconceptions about her, revealing that people are surprised to learn about her love for reading. She emphasised her unique way of expressing herself, sharing that she embraces online chatter and scrutiny without any regrets. The actress admitted to occasionally being misunderstood on the internet. However, she asserted her refusal to conform to societal expectations of perfection.

Ananya addressed her demeanour, stating, "If I can be completely myself and unapologetically so, and if that gives someone else the confidence to do the same, I think that would be a big win for me. I'm fine as long as I'm not hurting anyone else with what I'm saying."

—ETimes

In uniform



Actor Sidharth Malhotra, who has donned the uniform in the award-winning film 'Shershaah', 'Mission Majnu' and 'Indian Police Force', says he likes people in uniform because his grandfather comes from the army.

The actor created a stir when the announcement of his joining Rohit Shetty's cop universe with 'Indian Police Force'.

Now that the film has been released, Kabir Malik has been universally liked by the masses.

Talking about his connection with men in uniform and his thoughts, the actor recently shared: "I personally like people in uniform because even my grandfather comes from the army. This is my second time wearing a uniform, first, it was with the army and now Indian police force. Loving it, enjoying it, enjoying that personality and demeanour."

Adding another celebrated performance to his versatile filmography, Sidharth has once again set a higher benchmark and increased anticipation for his upcoming theatrical release, Yodha, where the actor will be seen portraying the role of a brave man from the Indian defense services.

—IANS

'To Kill a Tiger' makes it to Oscar shortlist

"To Kill a Tiger", set in a small Indian village, was on Tuesday nominated for the best documentary feature at the 2024 Academy Awards.



"To Kill a

Tiger" is directed by Delhi-born Nisha Pahuja, an Emmy-nominated filmmaker based in Toronto. It had its world premiere at Toronto International Film Festival 2022 where it won the Amplify Voices Award for Best Canadian Feature Film.

The film follows Ranjit's uphill battle to find justice for his 13-year-old daughter who was abducted and later sexually assaulted by three men. "Ranjit goes to the police, and the men are arrested. But Ranjit's relief is short-lived, as the villagers and their leaders launch a sustained campaign to force the family to drop the charges. A cinematic documentary, 'To Kill a Tiger' follows Ranjit's uphill battle to find justice for his child," according to the official website of "To Kill a Tiger".

—PTI

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When will community halls be ready?

CONTINUED FROM PAGE 1

a resident of Frazer Town, said she still remembers the inaugural function of the BBMP community hall that happened during the 1970s.

"My father owned a photo studio near the BBMP community hall. Now, I manage the photo studio. It will be a big help for poor families if the BBMP completes the construction work as early as possible. The construction work began two years ago but more than 50 percent of the work remains incomplete.

A few homeless people are using the incomplete structure as a shelter at night," said Machado, adding that the BBMP has to make arrangements to accommodate social and cultural associations at the community hall when it is opened to the public.

Demanding the BBMP authorities to complete the construction of the community hall at Jogupalya, Shanmuga Sundar, a resident of Halasuru, said the contractor has stopped the construction work due

to some issues with the BBMP authorities.

"The local MLA must direct the BBMP engineers to ensure the contractor completes the construction work without any delay," said Sundar.

Bangalore Mirror published a story - Community hall-ted: 'Work faster, BBMP' - on December 16, 2022, narrating slow-paced work on Jogupalya's community hall that affects economically weaker families who depend on it for weddings, birthdays, and family functions.

When informed, BBMP assistant executive engineer (Pulikeshi Nagar) said that he has already instructed the contractor to complete the construction work.

"I hope the contractor will complete the pending work of the community hall in three to four months," the engineer said.

However, BBMP executive engineer (Shanthinagar) was not available to comment on the delay in completing the construction of the community hall at Jogupalya.

Why Bengaluru needs more bamboo

CONTINUED FROM PAGE 1

and Bureau of Indian Standards. This effort will encourage many contractors to use bamboo in construction."

Currently, officials from different government and private organisations are part of the Bamboo City project advisory committee, including AN Yellappa Reddy (IFS Retd), N Sivasailam (IAS Retd), Arun Kumar Bansal (IFS Retd), Susanne Lucas (executive director, World Bamboo Organisation), Dr Vishnukant Chatpalli (vice-chancellor, KSRDPU), and Dr Ramakrishna Hegde (professor, College of Forestry, Ponnampet, IWST).

Furthermore, CGBMT is planning to collaborate with various government departments such as BBMP, BDA, KSPCB, LDA, BWSSB for support.

The primary proposal of the project suggests planting one bamboo per citizen in the city, and it advocates for a 30% inclusion of bamboo in the construction sector. The key sectors

addressed include housing and infrastructure, urban greening, water resource management, air pollution, energy, waste management, and enterprise development. The project timeline spans from 2023 to 2030.

Professor Neelam said: "Bamboo is a woody grass, with over 1,400 species worldwide and around 127 species in India. It serves as a pioneer for preventing soil erosion, enriching soil, promoting reforestation, carbon sequestration, and regeneration. Bamboo absorbs more carbon dioxide and releases more oxygen than regular trees. Planting bamboo along roads, railways, and high-tension lines can sequester more carbon dioxide.

Through its phytoremediation property, bamboo can absorb harmful contaminants from the soil, thus reviving degraded lands. Planting bamboo along the periphery of water bodies allows the roots to absorb more water, increasing groundwater levels and simultaneously purifying the water.

Bamboo plantations contribute to

decreasing the urban heat island effect. Once harvested, bamboo need not be replanted, making it a regenerative resource. This is how bamboo will contribute to making Bengaluru carbon-neutral and sustainable by 2030."

The Bamboo City project officially launched on December 2 digitally and on January 19 at the 'DesignURU' event.

"We have started planting bamboo at our headquarters. CGBMT, in collaboration with the Environmental Support Group (ESG), has already prepared a proposal to plant bamboo along the Subramanyapura Lake," added professor Neelam.

She pointed out that bamboo can serve as an oxygen kit for a person's entire life. "According to NASA, the average person needs 0.84 kg of oxygen per day. On average, 300 kg of oxygen is released every year per bamboo. The oxygen released by bamboo per day will be 0.82 kg. So, one bamboo will be an oxygen kit for the whole life of one person," said Neelam.

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I Tanjore Agarwal D/O, Pratik Mangilal Agarwal R/o 208c Mulberry Woods Carmelaram Road, Doddakannelli Bengaluru 560035 have changed my name to Tanjore Pratik Agarwal.

I, RIDHIMA RALHAN, D/o Sudhir Ralhan, R/o H-1731 Brigade Cosmopolis Apts Whitefield, Bengaluru - 560066 have changed my name as RIDHIMAA RALHAN, vide affidavit dated 23.01.2024 sworn before notary S. Subashini, Bengaluru.

I, SOBHA RANI MORTHALA alias SHOBA RANI, R/a NO 229, 32nd Main, 17th Cross, JP Nagar 6th Phase, Bengaluru 560078. I have changed my name to JONNALA SOBHA RANI vide affidavit Dtd 23-01-24 Sworn before notary B.Seshagiri Bengaluru.

I Raghavendra Hirae Basavanagowda S/O, Basavanagowda H R/o 1/1, Sri Sri, Eden Garden Layout, Sacred Heart Road, tc Palya, Kr Puram, Bangalore -560036 have changed my name to Raghavendra Hirae.

I, Renita Dalmeida D/o Ronald Dalmeida R/o No. 11/12, Thayappa Garden, Bilekahalli, Bangalore 560076 have changed my name from Renita Dalmeida to Renita D Almedia for all future purposes.

I, Ramachar S/o, Bheemasen Rao R/o No 163 Vasista Nilaya Rajiv Gandhi Ashraya Yojane Hosabhyhalli Sulikere Bengaluru 560060 have changed my name to Rama Rao for all purposes.

I, VIDYA SHREE MURALI, W/o. Hari.N, residing at #16, 3rd Cross, Akshay Nagar, Ramamurthy Nagar, Dooravaninagar Post, Bengaluru 560016, have changed my name to VIDYASHREE HARI vide Affidavit Dated: 23/01/2024, before Notary MEER HASSAN, Bengaluru.

I, THUKARAM GOGULADINNE, S/o Venkateshwaralu Goguladinne aged about 49 years, residing at #5, 6th A Cross, Manoranjanapalya, R.T.Nagar Post, Bengaluru 560032, declare that correct name of my father is VENKATESHWARALU GOGULADINNE as per Aadhaar & Bank Passbook but in my Passport name of my father is recorded incorrectly as GOGULADINNE VENKATESH vide Affidavit Dated: 12/01/2024 sworn before notary Meer Hassan Bengaluru

I, Veena S O R/o #61 Shree Lakshmi Nilaya Veerabhadreshwara Swamy Layout Kannahalli Kodigehalli B'lore-560091 have Changed my minor son's name from Chandan to Chandan K M for all Purposes.

I, Manjula Jainar S/o, Yallappa Jainar R/o Flat No. 203 1/f, Siri Epiton, chikkalasandra, bengaluru 560061, have changed my name to Manjula Yallappa Jainar for all purposes.

I, Shrikanth R Kulkarni, R/o b2-206, century celeste nehru ngr, jakkur main rd, yelhanka new town, b'loru, ka, 560064, aged 30 yrs changed my name from Shrikanth to Shrikanth R Kulkarni

I, MEGHA PANDAY w/o SOURABH JOSHI R/a No.A1507, NIKKO-2 NIKKO HOMES BHARTIYA CITY, THANISANDRA MAIN ROAD, THANISANDRA, POST JAKKUR, B'lore 560064. I have changed my Name to MEGHA PANDEY vide Affidavit dated 22.01.2024 sworn before Notary V.RANGARAMU, Bangalore.

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It's okay to run slowly – in fact it has plenty of benefits

Runners are obsessed with time. Amateur or professional, for most avid runners the aim is to get faster – constantly training in order to shave even just a couple of seconds off their marathon time or 5K pace.

But one running trend that's started to gain a foothold in recent years is that of "slow running". The idea behind the slow running movement is that anyone can run – no matter your ability or how fast you run.

Fans of this approach say it has many benefits – not just for your health but also in how enjoyable you find running. Research agrees, with evidence showing slow running may in some ways be more beneficial than training at higher intensities.

When we think of elite runners such as Eliud Kipchoge or Kelvin Kiptum, we might assume that to set world records, they primarily train at these record-setting paces. But surprisingly, elite runners spend around 80% of their time training at what's termed zone 2 running – a running pace which raises your heart rate, but is still slow enough that you can hold a conversation. Only around 20% of their training is done in the higher intensity zones, which are closer to their race pace.

The reason for this relates to the amount of stress that training

puts on the body. As running speed increases, the more strain the body is put under. The more strain the body is put under, the greater a person's risk of illness, infection and injury. By reducing the amount of time they spend at higher intensities, athletes limit their chances of missing out on training due to illness and injury.

But there's more to this approach than just reducing the risk of injury and illness. A fundamental aspect of training is developing what's known as "base". This term describes the physiological foundations that underpin all training adaptations. For the endurance runner, this refers to their baseline cardio-respiratory fitness on to which their higher intensity adaptations can be built.

Think of it like a pyramid, which has a solid base on which the rest of the structure is built. The bigger the base, the taller the pyramid can be.

The same holds true for training. The better your base, the more capable you will be when working at higher intensities.

Your base is developed during slow (zone 2) running, where physiological stress is relatively low. But even though the heart isn't under very much stress during zone 2 running, the amount of oxygenated blood leaving the heart each beat will be close to or at its maximum amount.

This is important because while the pumping capacity of the heart adapts to training, higher intensities do not increase this gain. Developing a strong base allows for more oxygen to be delivered to the working muscles per heartbeat, which is crucial to running success.

Not only that, but running at slow paces causes the body to use stored fat for energy – as opposed to relying on carbohydrate stores that come from the foods we eat.

Burning fat is metabolically a far more efficient process, as the amount of energy derived from a single molecule of fat far exceeds the amount from a molecule of carbohydrate. This means runners will use less energy overall – and will be less fatigued and better able to run fast on race day.

Studies have shown that gains in VO2 max (oxygen capacity) and race speed are around 1% greater for athletes who spend more time slow running. Crucially, the gains in aerobic base are around five times greater in slow runners compared to athletes who more frequently use high-intensity runs.

Even if you aren't an athlete, aiming to keep most of your runs at a low intensity may still be optimal.

Slow and steady

If you're keen to give slow running a try, the most important

thing is your pace. How exactly do you know you're at the right speed to be classed as slow running?

Some scientists divide running pace into five or six different zones. Physiologically, zone 2 is defined as occurring below the lactate threshold – the point where lactate (an acid the body produces when it begins to burn carbohydrates for energy) first starts to appear in the blood.

In simple terms, this should be at a speed where you can still hold a conversation and your heart rate is only around 70% of your maximum. If you find conversation starts to become difficult then you should slow your pace down.

If you're running on your own, you can try the talk test. If you can sing out loud to yourself without struggling to catch your breath, you're in the right zone. If you do struggle, you're at too high an intensity and lactate will start to build up in your muscles (which may make your legs feel heavy).

Slow running offers many benefits – both for your body and your mental health. So if you're someone who's always been shy about your slow running pace, perhaps this will inspire you to put on your trainers and give running a go.

(By Dan Gordon, Jonathan Melville and Matthew Slater, Anglia Ruskin University, *The Conversation*)

MIND, BODY & HEART



All you need to know about...

Tackle childhood obesity

Keep children active

Physical activity is currently declining dramatically. Children either lack the time or do not have convenient access to parks, gardens or beaches. Instead of going outside, they spend more time playing games on their phones and laptops. Visit any open space and spend quality time engaging in physical activity.

Monitor overweight

Children as young as six years old can be examined for obesity. The body mass index (BMI) is used to determine if a child is overweight or obese. Nutrition and physical activity instruction, goal-setting, stimulus control strategies, and educating parents in behaviour modification for the child's reduced calorie intake and reduced sedentary behaviour are examples of family-based therapies for weight management. Web-based modules are used to distribute information, support personalised goals, and provide personalised progress feedback. Monitoring target behaviours and objective achievement are critical components of successful internet-based programmes. Telemedicine can be utilised for patients who live in rural areas or who have problems getting to the clinic in person.

Support school-based initiatives

School-based intervention allows for education about healthy habits in order to prevent obesity. Obesity thereby prevents diabetes and other metabolic problems.

Keep in mind that the use of pharmaceutical therapies is limited

Bariatric surgery is a possible alternative for highly obese teenagers with multiple co-morbidities who have not responded to typical behavioural and pharmaceutical therapies.

—Kalyavizhi Arivalan, Femina

MIRRORLIGHTS

Space no place for salads

Lettuce and other leafy green vegetables that are part of a healthy, balanced diet could be more susceptible to bacterial infections in space than on Earth, according to a study.

It's been more than three years since NASA made space-grown lettuce an item on the menu for astronauts aboard the Interna-

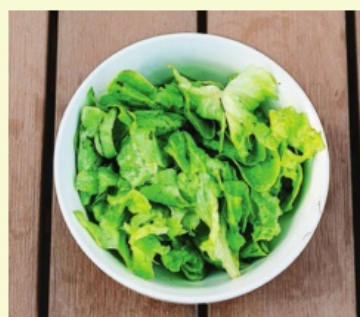
tional Space Station.

Alongside their space diet staples of flour tortillas and powdered coffee, astronauts can munch on a salad, grown from control chambers aboard the ISS that account for the ideal temperature, amount of water and light that plants need to mature.

To see whether the salads are safe to eat in space, researchers at the University of Delaware in

the US grew lettuce under conditions that imitated the weightless environment aboard the ISS.

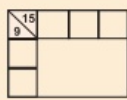
The plants were exposed to simulated microgravity by rotation. The results, published in the journals *Scientific Reports* and in *npj Microgravity*, showed that the plants under the manufactured microgravity were actually more prone to infections from a human pathogen, *Salmonella*. — IANS



60% of a number is 24 less than 3/4th of that number. find the number.

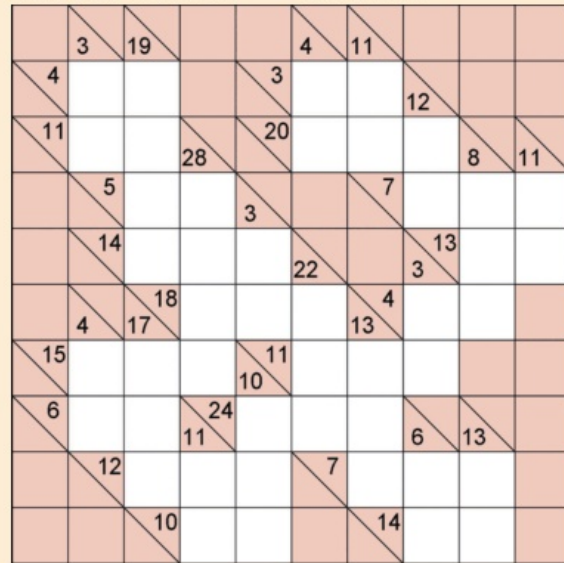
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 7 Sermonize (6)
- 8 Investigations (6)
- 9 English exclamation (1,3)
- 10 Distinguished fighters (8)
- 11 Making an explosive sound (7)
- 13 Large marble (5)
- 15 Flies like an eagle (5)
- 17 Albums (7)
- 20 Chest muscle (8)
- 21 Young boy scouts? (4)
- 22 Built a barrier to keep back water (6)
- 23 Mistakes (6)

DOWN

- 1 Rapidly (6)
- 2 Cautious and vigilant. (4)
- 3 Melting or softening? (7)
- 4 Frugal or lean (5)
- 5 Arriving at? (6,2)
- 6 Capital of Lebanon (6)
- 12 Occurring intermittently (4-4)
- 14 Firmly established (4,3)
- 16 Twenty-four hours? (3,3)
- 18 The elephants for the Mysore Dussehra were trained at this camp (6)
- 19 Commerce (5)
- 21 Toe woe (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: N EQUALS T
 TXGN XI NAH DAOERH MH
 NAJEY MH GHH JE KJIH JG VCH
 NX NZCNAG LHJER JE OEV XGN
 XI IOWXCZ.



Linemaro

You had me at your impeccable spelling and correct use of grammar



Mindchow

A reserve of knowledge, experience and ability is the only security



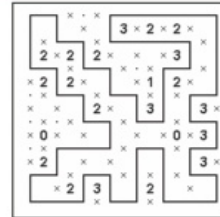
Joke of the day

What's another word for thesaurus?

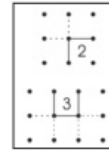
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

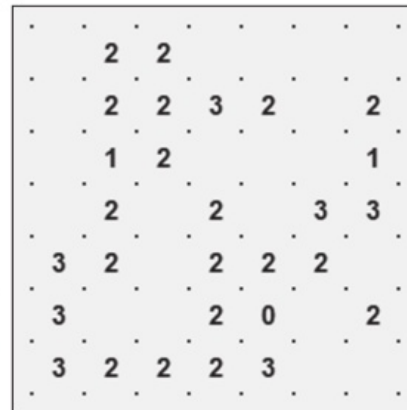


(Fig B) Not Allowed

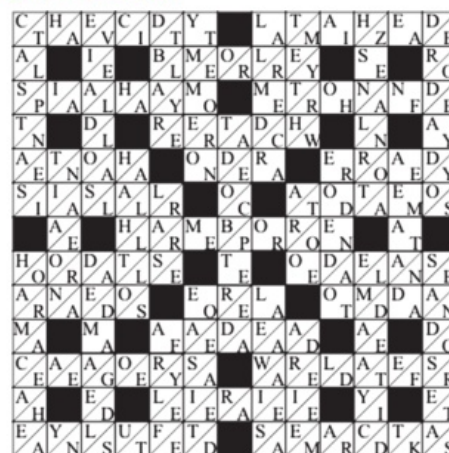
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



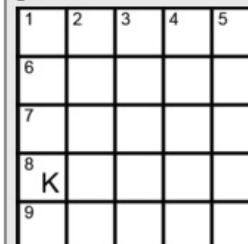
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

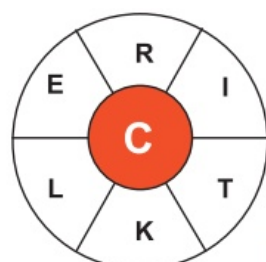
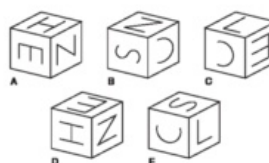
- 1 As pal; 6 Solid;
- 7 Sacco; 8 Or ken;
- 9 Notes

DOWN

- 1 OK sic; 2 Radon;
- 3 Cools; 4 Nepal;
- 5 Tessa

Mensapuzzle

When the above is folded to form a cube, which is the only one of the following that can be produced?



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

10 Average; 11 Good; 13 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 5

3 5 6 9

Medium

□ □ □ □ □ = 11

1 5 6 9

Hard

□ □ □ □ □ = 7

3 9 9 3

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Leg is moved. 2. Shoe is missing. 3. Stripe is added to shorts. 4. Sock is missing. 5. Bench is longer. 6. Ball is in bottom of locker.

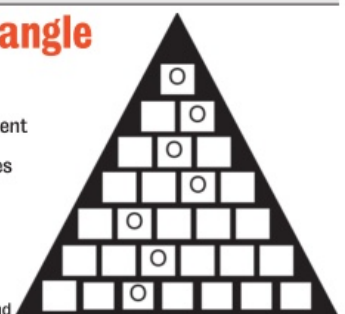
Riddler

Some relate me to a million, while for others I am just a dental crown. People call me precious with their naked eyes, while others say I am just two less than four score. What am I?

Alpha triangle

- 1 Circular letter
- 2 Infinite word
- 3 Kettle critic?
- 4 Tight , predicament
- 5 Harbour towns
- 6 Recurrent themes
- 7 Cork or plug

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be

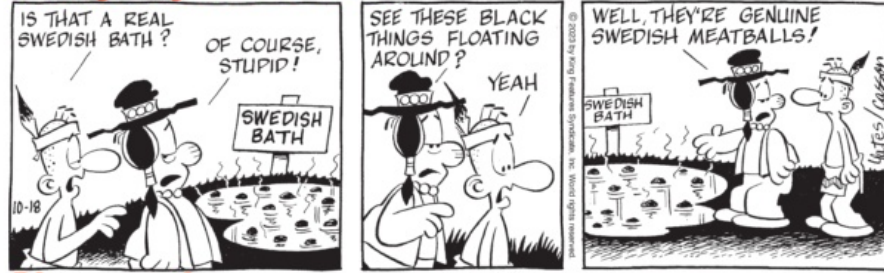


made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, situations are under control. You are blessed by Jupiter, so you may expect to get some important position or post in the office. You may be inclined towards religion and mythological facts, feeling stronger in your thoughts. This confidence will reflect in your way of working, and you may also connect with your overseas network.



Leo Jul 24 - Aug 23

Today, you are likely to be busy with your kids' education and career. You may receive good news regarding your kids' academics. However, love birds are advised to be patient in their relationships. Investors are cautioned against risky assets, and practising meditation, yoga, or chanting mantras is recommended to deal with challenges.



Sagittarius Nov 23 - Dec 22

Today, you are blessed by the moon, bringing happiness and enjoyment to your day-to-day work. Your vital power may help in making tough decisions, leading to increased profits. Planning for work-related conversations is favourable, and colleagues may support you. Students may find more focus in their studies, and controlling eating habits is advised to avoid stomach issues.



Taurus Apr 21 - May 20

Today, you may feel unhappy and dull, affecting your way of working and causing some delays in your projects. This may impact your prestige in both your professional and domestic life. It is advised to avoid adventure tours or rash driving. Love birds may experience some breakups, and job seekers may be disappointed in terms of finding a new job.



Virgo Aug 24 - Sep 23

Today, you may feel dissatisfied and not see the results of your hard work, leading to disappointment and upset feelings. It is advised to read documents carefully before signing contracts. Investments in assets may be possible, but following your intuition before making investments in fixed assets is crucial. Overworking may affect your domestic life.



Capricorn Dec 23 - Jan 20

Today, you may feel dull, and sleeplessness may affect your mental and physical health. Upset feelings due to the health issues of a family member are possible. Expenditure on worthless items may affect your savings, and being vigilant against conspiracies is advised.



Gemini May 21 - Jun 21

Today, you may perform your best in the office, fostering a good bond with your boss and receiving new responsibilities for promotions. Chronic health issues may be cured, and you may receive good incentives for your work. Disputes with siblings may be resolved, and job seekers may find new job opportunities.



Libra Sep 24 - Oct 22

Today, you may be busy with social gatherings and family occasions, increasing your network. Planning for work-related short travel is favourable. Disputes between siblings or friends may be resolved, and colleagues may cooperate in completing a difficult project. Completing tasks with self-confidence is likely, but maintaining patience in interactions is advised.



Aquarius Jan 21 - Feb 19

Today, past investments may yield good profits, and positive growth in business or work is expected with the help of someone. Obstacles may be overcome, by improving your financial status with new sources of income. Couples may hear good news regarding kids, and success may come easily with a little effort.



Cancer Jun 22 - July 23

Today, you may feel healthy, and your old diseases may be cured. You may hear some good news from your near relatives. Performance at work will be good, with colleagues helping you in critical projects. Developing faith in your subordinate staff may increase your prestige in society. Good news in legal matters is also possible.



Scorpio Oct 23 - Nov 22

Today, implementing new plans into your family business may result in gains in the near future. Family or social get-togethers and spending on creative items to renovate your house may increase your social status. Being cautious about teeth, ears, eyes, nose, and skin issues is recommended.

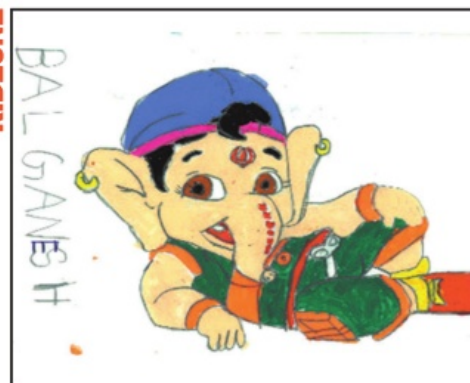


Pisces Feb 20 - Mar 20

Today, you are likely to meet someone who may positively impact your business or work growth. Destiny may help you convert losses into profits, improving your financial health. Love birds are advised to make important decisions regarding marriage, and singles may find their soulmates.



KIDZONE



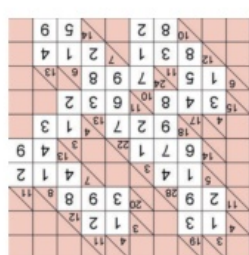
Shravan P Gupta, 14 Years, KLE Society School



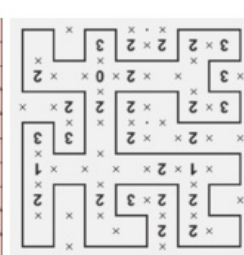
Nikhil Sreenath, 9 Years, Bethany High School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

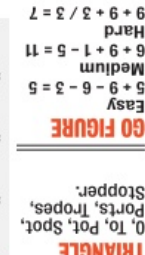
SOLUTIONS



KAKURO



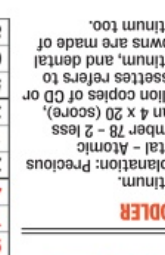
LOOP



TRIANGLE



SUDOKU



MENSA PUZZLE



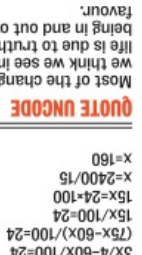
QUICK



STRIKE OUT



BULLS' EYE



QUOTE UNCODE

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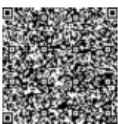
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